



This **Bulletin** edition of Well Now marks our May theme - '**Mental Health**' and our programme of activities for Mental Health Awareness Week.

If you have any queries contact us at wellgrp@st-andrews.ac.uk.

Mental Health Awareness Week

The focus for Mental Health Awareness Week 2016 is Relationships, which will celebrate the connections, relationships, and people that add to our wellbeing and protect and sustain our mental health. Good strong networks, along with healthy and supportive relationships can improve mental wellbeing more than diet or exercise.



Events and workshops

Before, during and after the week, starting on 12 May and ending on 25 May, we will be providing opportunities to participate in a collective experience - to take part in one or more group sessions covering a range of mental health and wellbeing activities.

All sessions are FREE, but must be pre-booked via PDMS (our online booking system) due to limited places on each session. So far we have scheduled the following sessions:

Yoga for your mind - 3 different sessions on different days

Introduction to dementia and making the most of retained skills - 17 May

Mindfulness taster session - 3 times and locations on 18 May

Building resilience for change (taster session) - 4 times and locations on 13 May

Tai Chi taster session - 17 May and 20 May

Meditation: an introduction - 23 May and 24 May

Pilates taster session - 25 May

For more details of sessions including times, locations and booking go to our Mental Health Awareness Week webpage by clicking the link below:

<http://www.st-andrews.ac.uk/staff/wellbeing/wellbeing/news/mentalhealth/#d.en.422677>

Also in May

Sustrans Scottish Workplace Journey Challenge



sustrans

JOIN THE MOVEMENT

Sustrans, the sustainable transport organisation, is running the Workplace Journey Challenge from 1 May - 31 May 2016, and Transitions St Andrews have registered the University to participate, so we can all take part. The Challenge is all about getting more people to try changing the way they travel. The aim of the Challenge is to reduce the number of journeys by car on your own.

Any journeys to work or for work that are carried out on foot, by bike, by motor cycle, by public transport or lift-sharing all count. You can also log a 'work at home' day if it means you don't have to travel to the office by car on your own and you can also log virtual meetings (you'll need to say how far you would have travelled and which travel mode you would have used).

The more journeys we do by sustainable modes, the higher up the leader board we'll get.

For more information and to take part visit the Sustrans website via the link below. You can individually register and then 'join' the University of St Andrews team.

<https://scotland.getmeactive.org.uk/content/about>